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THE IMPORTANCE OF FINDING DAILY GRATITUDE IN TOUGH TIMES

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

How can we cope when we see no way out? The first and most important thing that helps when in these overwhelming situations is to ground myself by finding gratitude. Now, it can be very difficult to find gratitude when coming from a place of pain, fear or anxiety, but it is an important step in changing your viewpoint and grabbing hold of these tough situations. I suggest grounding yourself with a 5-minute morning meditation expressing gratitude. How can you do this?

First, sit comfortably in a chair with your feet firmly planted. From there, focus on your breath for a few seconds. Then, feel your feet rooting strongly into the ground. Once you feel grounded and firmly planted, allow your mind to drift to what you are grateful for. Perhaps you are blessed to be in your dream home. Perhaps you are grateful for your health and the health of your loved ones. Perhaps you are grateful for your family, your husband, your wife, your children, your dogs, cats or other family members. Find what brings you the utmost joy and live in that joy for a moment. Refresh your energy by relaxing in and soaking up the joy that makes you the happiest, and express gratitude to the universe for all of it. Thank the universe for providing you with this bit of good amongst everything else going on. Then, with a newfound gratitude and joy brought on by the things you love, start your day with that energy.

How can this help?

I've found that when I start my day with gratitude, no matter how overwhelmed I feel throughout the day, I face it with more strength, confidence and love. Now that I've acknowledged the good, it's like the joy and appreciation that I found within the meditation comes with me on my journey. This good feeling helps to shield me, in a way, from the bad or the frustrating things that may appear. Somehow, I feel less alone because I acknowledged all the good that I do have around me. It may not miraculously make my day wonderful, but it does help provide me with perspective. It reminds me that while there may be bad, there is also a lot of good, and I should not discount the

goodness in my life when faced with bad situations. This small daily gratitude reminder has done wonders for me this year. I'm leaving behind the negative that started out the year and am entering into the new months with positivity and excitement by shifting my perspective.

So, when you find yourself overwhelmed, feeling scared or anxious, I encourage you to refresh your energy and your mind by remembering all the good things in your life. Take five minutes to yourself and shift your perspective to a place of gratitude by grounding yourself and remembering the joy in your life. In many ways it can help you on your journey.